

AMC

The following is checklist to assist in the predeployment phase of your processing. All forms mentioned below can be obtained from the UDC Website.

PREDEPLOYMENT TRAINING (Should be completed within one week after notification of assignment):

_____ TSIRT Training Checklist

ADMINISTRATIVE (Should be accomplished within one week after notification of assignment)

_____ DD Form 93 Record of Emergency

_____ UDC Clothing Issuance Form

_____ Itinerary, to include flights and hotel. (Must be submitted within two weeks of reporting to the UDC). Itinerary must include flights to Dulles and onward to Kuwait.

_____ Call for pick-up at Dulles Airport and transportation to Winchester. Please let your AMC representative know if you do not require this service.

INFORMATION MANAGEMENT (Within two weeks after notification of assignment)

_____ Ensure you have a valid AKO Account and **KNOW YOUR USER NAME/ PASSWORD.**

MEDICAL (Medical appointments should be made within 48 hours after notification of your assignment) Ensure you print off this part of your checklist and take it with you to your doctor to ensure all medical tests are completed.

MEDICAL FORMS

_____ DD Form 2808, Report of Medical Exam

_____ DD Form 2807-1, Report of Medical History

_____ DD Form 2795, (needs to be filled out electronically through AKO).

_____ DD Form 2813, Report of Dental Exam

_____ DD Form 771, Eyewear Prescription. If you do not require glasses, write at the bottom of the form, "glasses not required"

_____ OSHA Respiratory Medical Evaluation Questionnaire

LABS:

- _____ Urinalysis (Routine), not a drug screening
- _____ Chem 7 a Hemoglobin A1c if you have diabetes, are glucose intolerant [high blood sugars], or are taking medicine to control blood sugar)
- _____ CBC
- _____ LIPID Profile (over 40 years of age)
- _____ G6PD (must have a normal result with taking anti-malaria medication)
- _____ Blood Type/RH
- _____ HIV (within 120 days)
- _____ DNA on File (Not always possible)

OTHER REQUIRED TESTS:

- _____ EKG (if over 40 years of age).
- _____ Framingham Coronary Heart Disease Risk Percentage. [Fill out the information](#) to calculate your 10 year risk assessment. When completed, print out and return to your AMC Representative.
- _____ If on prescription medications, you MUST deploy with at least a 180 day supply.
- _____ Audiogram (Can be annotated on the DD Form 2808)

Females

- _____ PAP smear (within one year).
- _____ Mammogram (within two years if over 40 and within one year if over 50).
- _____ Pregnancy test or waiver required upon arrival at the UDC.

IMMUNIZATIONS

- _____ ANTHRAX
- _____ HEPATITIS A
- _____ HEPATITIS B
- _____ INFLUENZA
- _____ MMR (Measles, Mumps, Rubella) (As an adult, once in a lifetime). People born before 1957 do not require a MMR vaccine. MMR should be given either simultaneously or 30 days before receiving anticipated smallpox vaccination.
- _____ POLIO (oral or IM) (As an adult, once in a lifetime)
- _____ SMALLPOX (Administration per the latest DoD Guidance) required every 10 years. Must complete [Smallpox Vaccination Pre-Screening Form](#) and have it reviewed by a Health Care Provider at the UDC site prior to receiving immunization.
- _____ TETANUS / DIPHTHERIA
- _____ TUBERCULIN SKIN TEST (PPD)
- _____ TYPHOID
- _____ H1N1